

Information About Certain Diseases Regarding Uranium Millers

This page has information for former uranium millers today.

Even though working in uranium mills may have increased your risk for certain diseases, this *does not mean that you will get one of those diseases*. We are providing you with the following information concerning the diseases listed in the enclosure entitled, “A Study Overview - Health Risks from Exposures in Uranium Mills.”

Lymphoma

Cancers occur when cells in the body grow and divide uncontrollably. Lymphoma is a general term for cancers that develop in the lymphatic system. The lymphatic system includes a network of thin vessels that branch into tissue throughout the body. The vessels carry lymph, a colorless, watery fluid that fights infection. Along the vessels are small organs called lymph nodes. Lymph nodes are mainly found in the underarms, groin, neck, chest, and abdomen.

Symptoms of lymphoma may include:

- A swelling in the lymph nodes of the underarm, groin, or neck
- Unexplained recurrent fevers
- Night sweats
- Unexplained weight loss
- Itchy or red patches on the skin

When symptoms like this occur, they are not sure signs of lymphoma. They may also be caused by other, less serious conditions. However, if they persist, it is important to see a doctor to have the illness diagnosed.

Respiratory Diseases

- See your doctor if you have trouble breathing, cough continuously, or feel very tired. Take a copy of the enclosed materials to your doctor.
- Smoking is harmful to the lungs and causes lung cancer and other lung diseases. If you smoke, you should make every attempt to quit. Even if you have smoked for a long time, stopping now will improve your health.
- Eating a variety of fresh fruits and vegetables every day may help prevent lung cancer and other diseases.

The American Lung Association can answer questions about lung diseases, including cancer. They also provide classes to stop smoking. Call their toll-free number to find the office closest to you:

1-800-586-4872

The American Cancer Society can also answer questions about cancers, including lymphoma and lung cancer. They also provide classes to stop smoking. Call their toll-free number to find the office closest to you:

1-800-227-2345

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DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Institute for Occupational Safety and Health
Cincinnati, Ohio 45226 1-800-356-4674



The National Cancer Institute is a federal agency that studies cancer. They can answer questions about cancer. They can provide the names of doctors in your area who treat cancer. Their toll-free number is:

1-800-4-CANCER

Kidney Disease

Healthy kidneys work like a car's oil filter. The kidneys remove waste materials from your blood and the rest of your body. However, your kidneys also do other important things.

- They help control blood pressure.
- They tell the bone marrow to make red blood cells.
- They control bone strength and the calcium levels in the blood.
- They control the amounts of salt, water, and other chemicals in the bloodstream.

When you have kidney disease, extra waste builds up in your blood. This waste may cause a variety of health problems. End-stage renal disease (ESRD), one of the diseases studied in the uranium millers, is the most serious stage of kidney disease, when your kidneys no longer work. To live, people with ESRD need dialysis or a kidney transplant.

The Good News is if you find kidney disease early, it can be treated and ESRD can be prevented!

What You Need to Discuss with Your Doctor

Less severe kidney disease can be treated to prevent progression to ESRD. If you are concerned about your risk for kidney disease, share this information with your doctor.

He or she will decide what screening tests you may need to detect any kidney disease as early as possible.

Damage to your kidneys may happen slowly. Your doctor should decide which screening tests are best for you.

If you are concerned about your risk for kidney disease, tell your doctor that:

- You may have worked around uranium, vanadium, and silica containing dusts
- Studies have shown that workers exposed to uranium and silica may have an increased risk of kidney disease

For More Information About Kidney Disease Contact

American Kidney Fund **1-800-638-8299**

National Kidney Foundation **1-800-622-9010**

**National Kidney and Urologic
Disease Information Clearinghouse** **1-301-654-4415**



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